

Word of the day

Study Guide

Abdominals- long flat “stomach” muscles that run from the chest to the pelvis

Achilles Tendon- It is the thickest and strongest tendon in the body and begins near the middle of the posterior part of the leg

Acquired Immunodeficiency Syndrome (AIDS) - Any number of diseases that arise when the body’s immune system is compromised by HIV

Actin- A protein in muscle that is active in muscular contraction

Adapt- To change or adjust to new conditions

Balance- maintaining the body in proper equilibrium

Body Composition- The proportion of body fat to lean body tissue

Bulimia- An eating disorder characterized by a pattern of binge eating and purging in an to attempt to lose or maintain low body weight.

Calories- Units used to measure the amount of energy released when nutrients are burned

Carbohydrates- Compounds containing carbon, hydrogen and oxygen; the major source of energy for the human body

Circuit Training- Alternating exercised by performing them in sequence of three or more

Carbohydrate Loading- A dietary practice of some endurance athletes, such as marathon runners, to increase glycogen stored in the muscle’s tissue.

Cardio-respiratory Endurance- The body’s ability to sustain prolonged rhythmical exercise

Dehydration- Loss of body water below normal volume

Duration- How long a person exercises

Energy of Motion- product of force and the distance an object moves in the direction of the force

Epidermis- the outer layer of skin

Eustress- positive stress; Your health and performance continues to improve, even as stress increases

Fatigued- To weary with labor or exertion

Free Weights- Weight that is not attached to any other apparatus

Flexibility- The extent and range of motion around a joint

Frequency- How often a person engages in exercise session

Gastrocnemius- calf muscle

Girth Measurements- Technique used to assess body composition, including percent body fat, by measuring circumferences at various body sites

Glycogen- The form in which glucose is stored in the muscles

Gravity- The force that pulls all things to earth

Health- The soundness of body or mind; freedom from disease or ailment. A range of states with physical, mental, emotional, spiritual, and social components

Heart Rate- The pulse; calculated by counting the number of contractions that occur in the ventricles per minute

Hematoma- a semisolid mass of blood in the tissues, caused by injury, disease, or a clotting disorder

Hydrostatic Weighing- Underwater technique to assess body composition, including percent body fat

Hyperglycemia- Elevated blood sugar level

Inflammation- Pain and swelling caused by irritation

Intensity- In terms of exercise, the degree of exertion while exercising

Kinesiology- The study of the mechanics principles and anatomy in relation to human movement

Lactic Acid- A waste product that sometimes accumulates in muscles after very intense exercises

Latissimus Dorsi- Triangular muscles that are located in the upper back

Ligament- Tissue that holds bones together at a joint. Connects bone to bone.

Maximal Heart Rate- Highest heart rate for a person, primarily age related

Medical Collateral Ligament- Ligament that prevents the knee from rotating

Meniscus- Crescent shaped piece of gristle found in the knee joint

Metabolism- All energy and material transformations that occur within living cells necessary to sustain life

Muscle- tissues composed of fibers that are able to contract causing an allowing movement of the parts and organs of the body

Nutrients- substances found in food that provide energy, regulate metabolism and help with growth and repair the body tissues

Obesity- Having more than 20% fat greater than recommended for the relevant height

Orienteering- Outdoor activity dealing with map reading and riddles

Osteoporosis- The softening, deterioration, or loss of total bone

Overload Principle- Training concept stating that the demands placed on a system (cardio respiratory, muscular) must be increased systematically and progressively over a period of time to cause physiologic adaptation (development or improvement)

Patella- Knee Cap

Pectoral- chest muscles

Pectoralis Major- A large muscle of the upper chest wall that acts on the joint of the shoulder

Phalanges- Bones of the fingers and toes

Physical Fitness- The ability to meet the ordinary as well as the unusual demands of daily life safely and effectively without being overly fatigued, and still have energy left for leisure and recreational activities

Radius- Short arm bone extending from elbow to wrist

Range of Motion- The area through which a joint may normally, freely and painlessly move. The amount of flexion and extension of a joint.

Reflex- An involuntary action or movement; involuntary response to a stimulus.

Repetition- The number of times a given action is performed (12 reps on the bench press)

Resistance- Amount of weight lifted; opposing or withstanding a force

Resting Heart Rate- Rate after a person has been sitting quietly for 15-20 minutes

Runner's High- A feeling of euphoria by some runners and joggers as they near the end of a run

Set- Number of repetitions performed for a given exercise

Shin Splints- Injury to lower the leg characterized by pain and irritation in the shin region or front of leg

Target Heart Rate- The rate at which the heart will beat in order to condition a person's cardiovascular system enough to push the heart, **but** not so fast to strain it.

Tendon- Tissue that attaches muscle to bone

Testosterone-The male sex hormone